

Mind & Body

NEW!

You will dive into the art of creating luxurious and aromatic bath-time delights. Discover the science behind bath bomb formulation and craft your custom bath bombs by experimenting with various molds, designs and therapeutic additives like essential oils. This course covers troubleshooting common issues and packaging techniques for a beautiful presentation.

Bring your favorite essential oil EXCEPT peppermint. **Keyword: Bath**

Nov. 13	W	6:30-8 p.m.	\$25
York, YKLC, C101	Lee	AREA-6679-YKFA	

Engage your family in hours of fun using a simple deck of cards. Whether you're searching for a quick, simple game for a party or a chance to interact without technology, there are plenty of games to play. Generate some friendly family competition and learn a variety of games to play in groups of any size.

Bring a deck of cards. **Keyword: Card**

Oct. 19	S	9-11 a.m.	\$19
York, YKLC, D101	Mertz	AREA-5061-YKFA	

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key.

Bring a towel and tennis shoes. **Keyword: Fit**

Oct. 7-Nov. 11	M	5:30-6:15 p.m.	\$29
LIVE Online, Zoom	Meyer	AREA-8593-TCFFA	

Find your voice as a writer by exploring different writing styles, learning the building blocks of visual storytelling and drawing inspiration from the world around you. Discover methods for overcoming writer's block and ways to bring out your inner creativity through weekly writing assignments and group discussions.

Keyword: Writing

Nov. 6-20	W	6-7:30 p.m.	\$45
LIVE Online, Zoom	Ord	AREA-9050-TCFWB	

NEW!

Continue and expand your creative writing journey as you discover inspiration as a writer from the world around you. Our focus for this session will be on finding inspiration to help you express your creativity through the written word. **Keyword: Inspiration**

Oct. 16	W	6-8 p.m.	\$29
LIVE Online, Zoom	Ord	AREA-9014-TCFWA	

The real joy is in the giving. Gather ideas for showing appreciation in a unique and clever way. From care packages to quick gestures of appreciation, you will leave with a collection of meaningful ideas and a lot of inspiration to positively impact others.

Keyword: Gratitude

Nov. 20	W	5:30-7 p.m.	\$19
LIVE Online, Zoom	Van Winkle	LLLX-1127-TCFCB	

For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home.

Contact your Learning Center to see if other options are available.

Location Key

York, YKLC.....Learning Center at York, 401 N. Lincoln Ave.

For more information, contact _____ at
402-323-3634 or dhoudek@southeast.edu

REGISTER ONLINE

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>
2. Search for your class by entering a key word in the title or the course number. Click Submit. (Enter information in only one field for broader results.)
Key Word Example: Driver
Course Number Example: TRAN-3398
3. Select the course for which you wish to register. Click Submit.
4. Enter your personal information, certify your identification and click Submit.
* You must provide your Social Security Number.
5. Optional: Enter your Additional Registration Information and click Submit.

6. If you want to register for additional classes, select Search for more classes under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select Register now (check out). Select your Payment Type. Click Submit.
7. Enter your payment information. Click Submit.

You will see your class acknowledgement with information about your SCC Student ID Number, SCC User ID and password. Print this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.